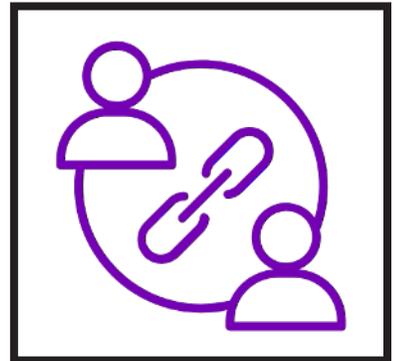




# Making A Connection

If we are connected, messages are easy to convey. If we are not connected, the messages won't get through.



The average person is exposed to 35,000 messages a day. We have to filter the “noise” and decide what message to act upon.

**When we have a connection it is easier to communicate.**

When we connect with a person, we have more influence over them and can reach out in a comfortable way. At that moment, you have to worry more about the other person than about yourself.

You can build a toolbox to connect. **Tricks to use with co-workers, partners or people we support:**

- Pay attention
- Give time
- Seek feedback
- Ask questions
- Remember their name

- Don't pretend you know everything
- Care about others
- See a room full of friends
- Connect in person
- Use “we” and “us” instead of “I” and “me”
- Smile
- Go on an adventure together
- Ask open questions
- Be positive
- Find common interests
- Sincerely compliment
- Ask about something they mentioned before
- Be accepting, open and friendly
- Thank the person
- Make the person feel special

**Environment and daily activities help build our emotional and social connection.**

**Strategies to “share attention”:**

- Share earbuds to listen to music together.
- Talk about what you like.
- Sit together/share a snack
- Reach for something at the same time as another person; Connect through the object.
- Sit on a sofa together
- Find matching socks just for fun.
- Watch a favorite TV show together.

Another tool to connect is time.

**Give the person time—so they know you value them;** to process what you say and respond, and to be together without demands.

Connected communication happens when we are curious about others and take time— when we care for others, share experiences and are listening hard.